BENGALURU, MONDAY, APRIL 3, 2023 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 31 | Min 21 | Humidity 67% Partly cloudy sky Sensex 58,991 | Nifty 17,359 | Gold 59,371 | Silver 72,205 | Dollar 82.18 | Euro 89.33 | GBP 101.45

Nearly 20 truckloads of trash dumped daily in waterbody at abandoned quarry may lead to groundwater contamination

TRASH DASH

'A direct violation of National Green Tribunal directives'

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TWEETS @BangaloreMIRROR

The residents of Kasavanahalli colony in Haralur said they have had enough of illegal waste dumping in their backyard.

According to them, nearly 20 truckloads of garbage of all kinds have been dumped in an abandoned quarry there for nearly a month now.

The illegal dumping of waste in the quarry was first brought up by the residents over a year ago. Those living in the nearby apartment complexes had raised the issue back in 2022. Back then they had complained that mixed garbage was being dumped in the quarry polluting the waterbody which was leading to an unbearable stench in the area.

After receiving this complaint, the solid waste management department of Bruhat Bengaluru Mahanagara Palike (BBMP) swung into action and created a trench to ensure that no one could reach the waterbody. However, now the issue of

CONTINUED ON PAGE 6 »

"The site is not authorised by BBMP for garbage dumping... BBMP will post marshals at the lake to prevent future dumping — BBMP official

Marshals' wages delayed yet again

Personnel guarding lakes, supervising Indira Canteens & waste segregation not paid since December

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It has become a routine for the Bruhat Bengaluru Mahanagara Palike (BBMP) to delay clearing bills of contractors and outsourcing agencies, including home guards. Now, the BBMP marshals tasked with guarding lakes such as Bellandur and Varthur, Indira Canteens and supervising waste segregation are yet to receive salaries for months since last December.

With no salary for five months, BBMP marshals have to depend on their superiors, friends and relatives for money as most of them have to pay house rent and send money to their families in their hometowns or villages. Some of them are NCC cadets who depend solely on the salary they receive for working as marshals to pursue their education and support their parents.

"We are not in a position to demand the BBMP to pay our salary on time. We are facing a lot of problems due to the delay in receiving our salary. We have commitments and obligations," said a BBMP marshal on the condition of anonymity.

According to a BBMP source, there are 561 marshals, including the chief marshal, ward marshals alongside ward and lake supervisors. The BBMP has to allocate around Rs 30 crore to pay salaries and towards other expenses per year. More than 40 marshals are assigned to guard

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Lovely gems

RBJ, a 4th generation jewellers is going to have their first show in Bengaluru this month. Grab the chance to view some of their best handcrafted jewellery on Sunday. The group is known for making budget friendly jewelleries like bracelets, bangles, and more.
Where: Taj Westend, Race Course Road; When: Sunday, April 9; 12 noon to 8 pm

02 Support art

Colours Centre for Learning, an NGO and school for autism is organising an annual day and art exhibition to celebrate Autism Awareness Month. The event titled 'We are all in this together' will have students perform on stage with the support of staff. The event will also display students' art works and paintings for sale, in effort to help them sustain their livelihood.
Where: Bangalore International Centre
When: April 8 and 9; 11 am to 12:45 pm

03 Your favourite

Here's a chance to watch one of the best stories originally written by Ernest Hemingway in the form of a play. Directed by S Surendranath, Old Man and the Sea narrates the struggle between an old fisherman and a fish. After looking for a catch for 84 days, the man finally catches a big fish on the 85th day. However, the old man couldn't pull it out of the water. Watch the man's struggle and how he survives through it.
Where: Ranga Shankara; When: Sunday, April 23

Always on the sunny side of life in B'luru

Citizens plan to switch to electric stove and vehicles in order to utilise extra units of power generated through installed solar panels on their rooftops

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With more Bengalureans showing interest in solar rooftop panels, citizens are looking to divert excess energy generated through this method. As a result, consumers are increasingly planning on using electric stoves and vehicles.

Kochu Sankar, a resident of Basavanagudi, installed the on-grid solar rooftop system in February. He is one of the first to receive the facility under the Soura Gruha Yojane scheme and to synchronise with the grid. He installed a 3 kilowatt (kW) solar rooftop that generates about 420 units of power per month, but his monthly consumption is around 380 units. With the on-grid model adopted, Sankar has the option to either use Bangalore Electricity Supply Company Limited (BESCOM) power or export excess energy generated to the electricity board.

During the day time, excess energy generated is sent back to the grid, and at night consumers can use power supplied by BESCOM. The monthly bill is calculated based on net energy taking into account the export and import of energy. To effectively utilise the energy generated, Sankar is planning to make a shift to electricity.

During the daytime, excess energy generated is sent back to the grid, and at night consumers can use power supplied by BESCOM

"I am planning to shift my cooking using an electric stove. Over time, I might buy an electric bike and car," he said.

An estimated 100 square feet of space is required per kW for panel installation. Each panel generates around 4-5 units of power per day. On a regular day, Sankar can generate up to 15 kW of power, provided there are no interruptions in the power supply. Being connected to the grid, the unit is shut down during power interruptions.

On average, Sankar can save Rs 2,500 per month in power expenditure, adding up to an estimated Rs 30,000 in savings. Furthermore, he had to invest Rs 2.2 lakh to set up the facility after receiving a subsidy, bringing the cost down to Rs 1.7 lakh.

> **"I am currently using electric two-wheelers, and I am waiting for the right time to buy an electric four-wheeler to use the excess power generated**
> – Srivatsa, a resident

Srivatsa, another resident of the area, told Bangalore Mirror that his rooftop is generating 16 units per day and he only uses 4 units. "I am currently using electric two-wheelers, and I am waiting for the right time to buy an electric four-wheeler to utilise excess generation. Until now, we have been using a single-top electric stove, but after installation, we plan to switch completely to electric cooking" he said.

Srivatsa has taken a 3 kW capacity solar rooftop, which costs around Rs 1.6 lakh. The installation takes around 3 days.

Under the Ministry of New and Renewable Energy (MNRE) national portal, 144 applications have been registered and work has been completed for 2 units, and 1 plant has been commissioned. BESCOM has received 1,529 applications and 191 were rejected; now 2 units comprising 6.98 kWp capacity have been commissioned.

Eating out can now hurt your pockets

If you are worried about a price hike, then the next in line could be the hotel food. Many of the hoteliers have decided to hike the fee and a final decision may be taken in a day or two. The hoteliers say that prices of food items such as cooking oil, milk, and other essentials have gone up, leading to an increase in the cost of dishes in hotels and restaurants across the state.

Hotel owners have decided to raise the prices of food items such as snacks, tea, and coffee by a minimum of 5 per cent due to the increase in the cost of essential items.

PC Rao, president, Bruhat Bengaluru Hotel Owners Association said, "Usually, at the beginning of each year (in April), hotel rates increase. On Monday evenings, hotel owners hold a meeting to discuss the profits and losses incurred on the hotel business due to the increase in the prices of everyday items. If an inevitable increase in rates is identified, then it is implemented."

He added that the hotel owners have come to this decision because the cost of essential food items such as cooking oil, milk, and other groceries have gone up, which has made it difficult for them to maintain their profit margins. Some hotels have already increased their prices, while others have chosen to find alternative solutions rather than increasing the rates. For instance, some hotel owners have decided to cut down on the quantity of food items they provide or have opted for cheaper alternatives.

Dinesh M, a caterer said, "We have not raised prices. However, to reduce the loss incurred due to price increase, we have made some adjustments in the quantity of food and snacks provided. This is inevitable."

Though the price of cooking oil has decreased to Rs 91.50 per litre on Saturday, the hoteliers say it was not enough and too little. In fact, hoteliers say that last month it had increased by Rs 350 per litre. Hence, the hotel owners have made their decision to increase their prices based on these fluctuations in the cost of essential food items.

For example, dishes such as idli-vada, dosa, rice-bath, and chow-chow bath may now cost Rs 5 more, while tea and coffee will cost Rs 3 more than their previous prices. The prices of other dishes will also increase accordingly. Overall, the increase in the prices of essential items has caused hotels and restaurants to raise their prices to maintain their profit margins.

Pratap, a hotelier, added, "Not only gas prices, but the hotel industry also suffers from employee salaries, rent, electricity prices, daily expenses, and other cost increases. When such cost increases occur, it becomes difficult to provide meals and snacks at the same rate. If the hotel association decides to increase prices, we have no choice but to accept it. Otherwise, they will not raise the prices."

— BMB

Potholes checked, visual pollution next

City techies join hands to create app tackling menace of potholes, flexes & more

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Inset: The team of Bengalureans launched an application that was lauded at an international forum

One needs special skills to commute through pothole-filled roads in Bengaluru as many citizens have fallen regularly. A 40-year-old Bengalurean failed to manoeuvre the city's potholes and got injured. However, after recuperating from his injury, he did not keep quiet. Instead, he decided to do something about it. As a techie, he and his team of friends came up with an app to provide exact details of potholes and how they can be fixed. The app was lauded at an international forum and they won the first prize (out of over 4,600 entries) at Intel oneAPI Hackathon for Open Innovation. Now, his team is focused on tackling the other menaces in Bengaluru: illegal posters, banners, and flexes.

Some time ago, while driving home on Haralur Road, HSR layout, Bharathi Athinarayanan and his 11-year-old daughter encountered a pothole, a speed breaker, and an auto that nudged them. The duo fell, and his daughter was injured. This traumatic experience prompted him to think about solutions. The city is notorious for perennial potholes. Despite numerous deaths and complaints, the potholes still remain. A group of Bengalureans joined hands to build an app with advanced software features where civic agencies will be provided with evidence of potholes (pictures, size, and depth).

Prashanth Parathasarathy, one of the team members, said, "We have developed an android app that will help the BBMP prioritise potholes and fix them. The group is now targeting visual pollution (banners, flexes) by providing real-time images and Google locations to authorities to remove them at the earliest."

"The group is now targeting visual pollution (banners, flexes) by providing real-time images and Google locations to authorities so they can remove them – Prashanth Parathasarathy, team member

Every year, the BBMP fixes potholes, but citizens continue to report their existence. To address this issue, the group used design thinking principles to identify the gap and pain points. "We discovered that the government has a budget for fixing potholes, but if people report thousands of them, they may not be able to fix them all. The group created an application that can automatically identify potholes, displaying them on Google Maps based on their severity. Government authorities can use this information to decide when and how to fix potholes. Even if people take photos of potholes at night, the system can identify them, and the group can work on fixing them. The group wants to work with the BBMP on a pilot basis," added Fazil Mohammed, also a team member.

The group took real-time photos by roaming around Bengaluru. Going forward, users can give their input by providing photos of potholes which will be stored in the cloud. The government will have an admin login, and the dashboard will show details of the potholes, including latitude and longitude, enabling officials to fix them quickly. The group used advanced artificial algorithms that are fast and accurate, making them more advanced than existing apps.

Earlier, apps were of low quality, and some may have sent multiple photos, but they would not detect them. However, this algorithm is superior.

One dead, two injured in lorry accident

One woman died and two people were injured after a lorry collided with their vehicle near Nayandahalli junction.

The victim, identified as Anusha, a native of Mandya, was traveling from Deepanjali Nagar with her mother and 7-year-old child on a two-wheeler. The lorry loaded with cement ran over the bike, then collided with a KSRTC bus. Anusha died on the spot.

According to sources, Anusha's mother's legs were amputated, and the child suffered serious injuries. The injured were immediately admitted to the hospital.

Enraged by the incident, the public pelted stones at the lorry, and the front windows were broken. Byatarayanapura Traffic Police reached the spot and dispersed the protestors. The lorry driver escaped from the scene, but the video was captured on CCTV camera. There was a traffic jam at the location for more than an hour. **–BMB**

'Tricked' by man, wife goes to police

A bizarre incident recently came to light in Bengaluru when a woman filed a complaint against her husband for 'wearing lipstick'.

The woman told the police that her husband had allegedly been behaving strangely and would wear makeup and women's garments.

The 25-year-old woman registered a complaint against her husband at Kumaraswamy Layout police station.

"I got married through an acquaintance after I came to know my husband on a matrimonial website. He has been behaving differently since day one. He likes men, but he never told me about it before we got married. He also used to force me to bring him dowry," said the woman.

In the complaint, the woman also mentioned that her husband assaulted her many times.

–BMB

PDA patrol at Cubbon Park

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Our discomfort with public displays of affection was on full display with the Horticulture Department's latest effort to rein in the scene at Cubbon Park. With the beginning of summer, the number of visitors is on the rise at the park, and it is estimated more than a 1,000 people, including children, visit the Cubbon Park during the weekends.

On Saturday, we spotted a security guard at Cubbon Park, with a megaphone loudspeaker in hand, alerting and cautioning youngsters to sit properly and maintain distance while sitting around the trees or on the benches.

Security guards are cautioning couples to maintain distance while sitting around the trees or on benches

"We have been provided four megaphone loudspeakers by the Horticulture Department. Four of us make rounds in the park to alert youth to maintain decorum. Many people, especially those with family and children, complained to the authorities about the nuisance in the park.

So, the Horticulture Department has directed us to alert the public in the park," said Selvan, a security guard.

One security guard said that at the Monkey Park near the Central Library at the northern side of Cubbon Park, youngsters allegedly try to find hidden corners. He had a different take on the issue. "There are snakes in the area and we are worried about the safety of visitors. We alert the visitors to select a safe place to spend their leisure time," he guard.

However, the use of megaphones is being viewed with caution. "The security guards should not misuse the megaphones to frighten or exploit the youngsters," said Cubbon Park Walkers' Association president S Umesh.

Expressing a similar opinion, Ranganathan N, a visitor, said that as the guards may not be able to go up to each and every visitor, they are using the megaphones.

Horticulture Department Deputy Director (Cubbon Park) Balakrishna HT told Bangalore Mirror, "I have not received any complaints from the public against youngsters."

A security guard alerting youngsters through a megaphone loudspaker at Cubbon Park

The fish keep dying

Over 25 dead fish were spotted by a walker during his morning walk on Sunday; So far, three instances of fish kill have been reported in 2023

Kothanur Lake witnesses second fish kill of year; citizens want long-term solutions

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In yet another unfortunate incident, Kothanur Lake has been hit by a fish kill for the second time this year. Over 25 dead fish were spotted by a walker during his morning walk on Sunday, raising concerns among residents and lake activists.

This issue is not new to the residents, who had complained about a similar incident in February this year. Despite raising complaints and sending emails to the Bruhat Bengaluru Mahanagara Palike (BBMP) and Bengaluru Water Supply Sewerage Board (BWSSB), no actions have been taken to improve the condition of the lake. This has become a prominent sight for the people, and the situation seems to be worsening with time.

The lake has three inlets which were found to be letting untreated water into the lake.

Raghvendra Pacchapur, a lake activist, said, "Two inlets are linked to the villages. The soaps or detergents used to wash clothes or vessels have been entering through the sewage inlet and getting into the lake. We have recorded videos and taken images of it and even sent them to the officials earlier. However, no action was taken. The officials state that it cannot be called sewage and have completely ignored it. For the main inlet, which gets water from the south of the lake, untreated water has been entering the lake. A lot of complaints have been made to the BWSSB, and they have tried to stop the inflow of water a couple of times, but it has been a temporary solution."

He further added, "It is not the wetland that is witnessing the fish kill, but it is the larger water body of the lake that is witnessing it. It is

> **"The BBMP and BWSSB should coordinate amongst each other and solve these issues. Here, the citizens intervene to get officials to work**
> – Resident of the area

the sheer apathy of all the agencies which has resulted in such an incident." The situation could also be due to the summer heat contributing further to reducing the dissolved oxygen levels in the lake waters. However, the summer cannot entirely be the cause of the fish kills as such incidents have occurred last year too. Kothanur Lake alone has seen four fish kills over the last 12 months.

Frustrated residents stated that the departments have not shown any keen interest in saving the lake. "The BBMP and BWSSB should coordinate amongst each other and solve these issues. Here, the citizens intervene and try to coordinate and get the officials to work. The water quality has been deteriorating, and we are concerned about what more else could happen to the lake. It is high time that the departments get serious about it and offer a permanent solution," said a resident.

Lake activists have once again registered a complaint officially over email to both the Chief Commissioner of BBMP and Karnataka Pollution Control Board Integrated Command Centre. They hope that this time, the authorities will take some measures to save the lake and prevent such incidents from happening again in the future.

So far, three instances of fish kill have been reported in 2023, twice in Kothanur Lake and one at Iblur Lake. BBMP officials were unavailable for comment.

Trash still tormenting city

HSR Layout residents, volunteers conduct cleanliness drive

Residents of HSR Layout in Bengaluru carried out a cleanliness drive in their locality on Sunday, collecting over 20 bags of dry waste, which were later sent to the Bruhat Bengaluru Mahanagara Palike (BBMP) dry waste collection centre. The drive was initiated after Raj, a member of the Ploggers Army, noticed a large amount of waste in the HSR BDA complex during his walk.

During the Ploggers Army's cleanup drive, the residents of HSR Layout collected waste ranging from tetra packs, water bottles, paper cups, and alcohol bottles.

They collected over 20 bags of trash, covering a 250 m stretch from Kalika Kendra to the HSR BDA complex. Raj emphasised the importance of citizens taking responsibility for the cleanliness of the city, saying, "While the BBMP is generally blamed for not keeping the city clean, the larger onus lies on the citizens themselves who are not responsible and dump the trash on the roads."

He added that despite HSR Layout being a considerably clean locality, citizens must be more responsible for the waste they produce, and constant awareness of waste disposal and education in schools is essential to make young minds more aware of the issue.

Raj also called for heavy penalties to be imposed on reckless people who litter and for the segregation of waste at the source while avoiding single-use disposables. "Paper cups and plates are one of the worst types of waste found, along with gutkha/pan sachets and plastic bottles," he said.

— BMB

HSR Layout residents collected over 20 bags of dry waste on Sunday, which were later sent to the BBMP dry waste collection centre

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Unclaimed car

Basavanagudi

This car has been parked for a long time on Ratnavilas Road, opposite Sai Nivas Apartments, Basavanagudi.

Make some space

Cornwell Road

Road work is in progress on Cornwell Road, Langford Gardens, but there is no proper entry for residents.

Blocked

St Marks Road

Construction work on St Marks Road has led to the footpath being occupied.

Get well soon... Well, not quite

Lower immunity post-covid or disturbed responses? Docs say recovery from ailments such as flu is taking longer than it was before pandemic

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City hospitals are witnessing a delayed recovery period in patients with viral flu or even other health issues. Doctors say they are seeing longer recuperation periods ranging from a few days to a few weeks in some cases.

Health experts opine that low immunity levels post-covid and disturbed immune responses are the primary reasons behind the extended rehabilitation course in most patients.

"The recovery time for many ailments post-covid is definitely higher. We are noticing a prolonged recovery period of post-flu or viral fever patients, which is slower by three to four days, and in some cases, it goes up to three weeks instead of the usual one week taken for recovery from normal flu," said Dr Chinnadurai R, consultant, critical care, Aster RV Hospital.

Doctors say this trend is being noticed mainly in the case of viral fever, but some cases of patients suffering from other health issues also exhibit slow recovery time. Healthcare experts attribute it to the disturbed immune responses mechanism behind it might be prolonged cycles of virus replication compared to previous and delayed weak immune response

"To boost immune response, those suffering from health issues can also start micro and micronutrient supplementation along with supplementation like magnesium and essential amino acids

In some cases, primary infections are followed by other health issues as well such as multiple joint pain, myalgia, tiredness, and symptoms of depression.

"There is a risk of low immunity in the immediate post covid period given steroids used in the treatment. There has been an increase in the risk of diabetes mellitus after covid," said a doctor from BGS hospital.

While all age groups are vulnerable to common flu and viral infections in this season, the latent recovery period is mostly being witnessed in the population with underlying health issues.

"All age groups are affected during this season of flu and covid due to multiple exposures of viruses. However, people with poor immunity levels such as the elderly, smokers, and those suffering from the chronic obstructive pulmonary disease are presenting with cough, breathlessness, and wheezing. This vulnerable population should be extra careful and follow strict respiratory etiquette," added Dr Chinnadurai. Staying physically active and having good nutrition can help fight the dip in immunity levels, say the experts.

"Good nutrition, exercise, and adequate sleep go a long way in boosting the immunity level. To boost immune response, those suffering from health issues can also start micro and micronutrient supplementation along with supplementation like magnesium and essential amino acids," said Dr Brijesh G C, Senior Consultant, Kinder Women's Hospital and Fertility Centre.

Vigilantes stop and chase cattle trader, beat him to death

A man was allegedly beaten to death and his two associates were assaulted by a group of cow vigilantes accusing them of transporting cattle illegally at Sathanur in Ramanagara, police sources said on Sunday.

According to sources, the incident took place on Friday night when the deceased identified as Idrees Pasha and his two associates Irfan and Syed Zaheer were transporting cattle.

The accused, Puneeth Kerehalli, a cow vigilante and his team are said to have intercepted the trio, accusing them of transporting cattle illegally for slaughter.

The vigilantes allegedly assaulted and abused them, despite their efforts to reason out by stating that they had the receipt of the purchase. The accused allegedly even demanded Rs 2 lakh from them.

According to sources, Idrees, who reportedly resisted the vigilantes, was reportedly chased and beaten up by them. He was later found dead.

Zaheer and Irfan were caught and taken to the Sathanur police station.

Zaheer and his associates were booked under sections of the Karnataka Prevention of Cow Slaughter and Cattle Prevention Act, Prevention of Cruelty to Animals Act, Transportation of Animals Act, and Motor Vehicles Act, based on the complaint by Kerehalli, and it is during the investigation police came to know about Idrees's death.

Tension prevailed on Saturday as the family of the deceased staged a protest and demanded action against the vigilantes, holding them responsible for the mysterious death of Idrees.

However, following the police interference, the situation was brought under control.

Police have registered a case against Kerehalli and others for murder and under various sections of IPC, and are investigating the case. According to police sources efforts are also on to nab the accused. **PTI**

Asked to keep it low, 'party animals' turn vicious

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CRIME FILES

The brother and sister of an serving colonel in the Indian Army were beaten by a gang of three to six miscreants, who were allegedly in an inebriated state, in Brindavan Estate, Vigyan Nagar, on Sunday.

The incident took place within the jurisdiction of the HAL police station. The mother of the serving officer was critically ill and was being taken care of at the house of the officer's brother Lloyd.

Lloyd had asked his partying neighbours to turn down the music to maintain peace in the neighbourhood. The young men soon broke into their house and dragged Lloyd to the road and assaulted him.

They also assaulted his sister when she tried to stop them from attacking her brother.

The victim has injuries all over his body after being assaulted. The video of the brutal assault was captured on the CCTV camera of the house.

The critically ill woman's condition deteriorated during the assault, and she had to be sent to hospital where she was admitted to the intensive care unit.

What started as parking tiff, led to murder

Two men allegedly tied the hands and feet of their acquaitance with a wire, wrapped tape around his mouth and suffocated him to death -- all over a fight around parking space.

The victim has been identified as Janardan Bhatta and the accused have been identified as Suleman and Rizwan.

Janardhan had been living in Srinivaspur for one-and-a-half years and worked as a TV repairman in a private company. Rizwan and Suleman were working in the same company as fridge and AC repairmen and they had moved to an area next to the victim's house over the past few months.

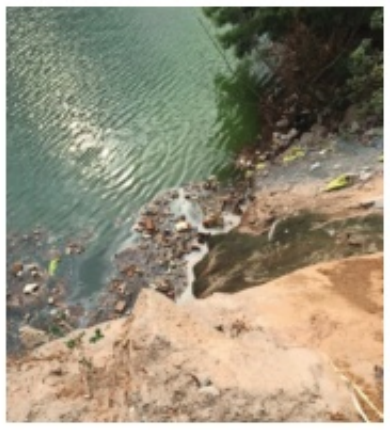
Last Thursday, the accused are said to have got into a fight with Janardhan about parking a bike near Yelahanka. When the fight escalated, they tied Janardhan's hands and feet with a wire, taped his mouth, strangled him and fled the scene.

The next morning, Janardhan's body was found by the neighbours. The absconding accused have been arrested.

Partying neighbours drag Army officer's brother out of his house, attack him

Trash on delivery

CONTINUED FROM PAGE 1



illegal dumping is back: residents said this time around, the amount of garbage being dumped has gone up.

"After the article appeared in newspapers, BBMP officials put a check on the illegal dumping; it had stopped for some time. However, trucks loaded with construction debris and mixed waste are back again to dump all of it inside the lake at the quarry. Around 15-20 loads of garbage is being dumped every day," said Ashutosh Kapoor, a resident of the area.

The lake in question formed in the abandoned quarry pit as water accumulated slowly and turned into a small waterbody. Local residents noted that the water was in a pristine state till garbage dumping started the last time.

According to the residents of nearby apartment complexes, although this time the illegal dumping has been happening for just over a month, if the dumping continues at this scale, the quarry will soon be filled up with garbage.

Experts said dumping of mixed waste in the abandoned quarry pit runs the risk of contaminating the groundwater. As the leachate gets accumulated on the quarry bed, it may percolate, causing contamination of the water table.

"It is a direct violation of National Green Tribunal (NGT) directives. If the garbage is not being dumped by the BBMP and the site is not authorised, it is a clear case of illegal dumping; authorities concerned at the BBMP must act fast. When it comes to quarries, household waste that includes decayable matter can lead to groundwater contamination," said a city based solid waste management expert.

When BM reached out to the BBMP officials concerned, they confirmed that the quarry pit is not an authorised garbage dumping site and that illegal garbage dumping is going on.

"The site is not authorised by the BBMP for garbage dumping. We will soon inspect the area and resolve the issue. BBMP will post marshals at the lake to avoid any future dumping," said a BBMP official.

IPL season is back

Traffic congestion on Mahatma Gandhi Road on Sunday evening during RCB vs Mumbai Indians IPL match at Chinnaswamy Stadium

Salaries of marshals pending for months

CONTINUED FROM PAGE 1

Bellandur and Varthur waterbodies. "It has become a routine for the BBMP to delay our salary. They delayed our salary for three months in 2020. We want the BBMP not to delay our salary and take measures to clear the arrears without delay," said a BBMP marshal.

More than 400 BBMP marshals are working at ward level, including Indira Canteens, in the city to monitor waste segregation and keep a vigil at public places to ensure these places do not become black spots. Around 50 BBMP marshals are assigned at the waste management units.

BBMP marshals played a key role during the covid-19 pandemic to create awareness on wearing masks and ensure social distancing to prevent the spread of the coronavirus. They collected a huge amount of Rs 14 crore by registering more than 5 lakh cases of individuals not wearing masks and not maintaining social distance.

Emphasising the need of releasing funds to pay salaries to the BBMP marshals, Jagadeesh Reddy of Varthur Rising said the civic body should have paid salary to the BBMP marshals on time. "Bellandur and Varthur lakes need the services of BBMP marshals. Illegal activities including dumping of waste have stopped due to the presence of BBMP marshals. I want the BBMP authorities to release funds for the salary of BBMP marshals without any delay," said Reddy.

When contacted, BBMP special commissioner (finance) said that he did not delay the release of funds to pay salary for the BBMP marshals. "There is no proposal pending with me. I think the file relating to the salaries of BBMP marshals is with another department. I will look into the matter if the department concerned sends it to me," said the special commissioner for finance.

Meanwhile, BBMP special commissioner for administration was not available for comment. Will the civic body take measures to clear the arrears and ensure that the wages of BBMP marshals are paid on time?

NOTES FROM THE FIELD

CM's 'diabetic' take

With elections around the corner, politicians require a lot of support from people. This is the reason why they hold a series of meetings. However, sometimes, these meetings can lead to embarrassment for the politicians. Recently, Chief Minister Basavaraj S Bommai found himself in an embarrassing situation as too many people crowded the stage trying to take pictures. Reacting to this, the CM said, "This is a classic case of how the situation can become challenging if there are too many supporters. Well, all I can say is that too much sugar can lead to a diabetic situation."

Counting apples

Apples are quite expensive, but it seems many supporters prefer to garland their favourite politicians with apple garlands. Recently, the supporters of Koratagere MLA and former minister G Parameshwara wanted to welcome their leader with a huge apple garland. However, just before he could be felicitated, the garland snapped, causing apples to fall on the road. While a few were concerned that the MLA was left unharmed, many didn't want to miss the opportunity of collecting the apples.

Last pooja?

It is common to offer pooja and break coconuts when buying a new car. However, KC Narayana Gowda, who was serving as Youth Services minister until now, tried to do something different. As soon as the poll dates were announced on March 29, ministers had to part with their official cars. While many had no attachments and simply moved to their private cars, Gowda decided to offer pooja before handing over the car.

Credit war

With elections approaching, there is a credit war between leaders from different opposition parties. Recently, Bagepalli MLA SN Subba Reddy and Chikkaballapur MLA and Health Minister Dr K Sudhakar were to participate in the inauguration of Chelur taluk. The latter, being a minister, was supposed to cut the tape. However, even before the minister arrived, the MLA decided to do the honours. When journalists questioned the MLA about the hurry, he said that he had done a lot of work for the taluk, not the minister, and hence he had the right to inaugurate. However, rumours suggest that as both of them are from different political parties, the fight is over taking credit.

–Sridhar Vivan

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I, Subramani Kandhan Mudaliar R/o #15, 5th D cross, Akshaynagar, TC palya main road Ramamurthynagar, Bengaluru 560016 have changed my name to Kandhan Subramani affidavit Dt.01/04/2023 notary Ganesh Gowda M.V, B'luru

I Pradeep Kumar S/O, Kuttan Vasudevan Nair R/o D405, Orchid Whitefield, Immadihalli, Hagadur Road, Whitefield, Bengaluru have changed my name to Pradeep Kumar Vasudevan

I Jatin S/o Narender Kumar R/o 701/26, teen nalko wali gali, west ram nagar, Sonipat, Haryana, 131001 have changed my name to Jatin Chhoker

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'Cong should set its house in order for role in opposition unity'

JD(S) patriarch and former PM Deve Gowda upbeat about his party's prospects

POLL VAULT

Amid the buzz around forging opposition unity ahead of the Lok Sabha elections, Janata Dal (Secular) patriarch and former Prime Minister H D Deve Gowda said on Sunday that the Congress should set its house in order first. In an interview to PTI, he also said there are many options before opposition parties and this nation has a wealth of leadership. Upbeat about JD(S)' prospects in the May 10 Assembly polls, the veteran leader who has withdrawn from active campaigning due to age- related ailments said it will set the tone for other state elections this year and the 2024 Lok Sabha polls. That the party was 'limited' to Old Mysuru region is a "clever propaganda of the national parties," the party patriarch averred. Excerpts:

Q: How do you see JD(S)' prospects in the upcoming Karnataka Assembly elections?

My party will do well across Karnataka. A lot of people who are cynical and focusing only on the two national parties will be surprised. We are not seeking votes for a divisive agenda. We are seeking votes in the name of an inclusive social and development vision — the Pancharatna programme. My party will come to power and we will implement the programme.

Q: There is a perception in some quarters that JD(S) has not been able to expand its base considerably beyond old Mysuru, what is being done on that front?

That we are limited to the region is a clever propaganda of the national parties. We have always had MLAs from across the state and from across communities. Somebody has to go through the list of MLAs and constituencies since 1999 to understand what I am saying. Yes, the Mysore region has offered us maximum support and we are grateful for that. This time we will be far more successful in all regions of the state. As a minister, chief minister and prime minister I have worked for everybody, I have never discriminated between regions. Vested interests spread lies. In my career I never hired expensive PR agencies to counter the lies.

Q: What is your take on BJP and Congress, and have they delivered when in power in Karnataka.

I don't want to comment on this. Our leaders HD Kumaraswamy and C M Ibrahim (JDS state president) can offer a proper analysis on this. I can only say that the national parties are in the habit of making tall claims. People have seen through their circus and falsehoods.

Q: How important is Karnataka elections on the national political scene?

Karnataka will set the tone for other state elections this year and the parliament elections in 2024. It has always done so and will do this time too.

Q: What do you think the role that the Congress needs to play in forging opposition unity with an eye on 2024 Lok Sabha polls?

First the Congress should set its house in order. There are many options before opposition parties and this nation has a wealth of leadership.

Q: Do you still feel there is a possibility for revival of Janata Parivar and the Third Front, or is it a closed chapter?

Everything is possible. By everything I mean everything. I don't believe in third or fourth front, I believe whatever we do, we'll be the first front to defend this nation and democracy. **PTI**

Candidates now need to account for spending on virtual campaigns

With the increasing trend of virtual campaigns by candidates and political parties during elections, candidates contesting polls will need to maintain an account of expenditure incurred by them in this regard.

As per the Commission guidelines, candidates are required to maintain expenditure incurred by them in this regard in their accounts and the same shall be reflected in their Abstract Statement of election expenses (Schedule 11) to be submitted by them to the concerned DEOs along with their accounts of election expenses within 30 days of declaration of results.

"Political parties are also required to show the amount incurred by them in this regard in their Statement of Election Expenses to be submitted by them to ECI (recognised political party)/CEO (unrecognised political party) within 75 days of completion of Assembly Election," says the poll panel guidelines.

The National and State Recognised Political Parties are required to submit their Election Expenditure Statements with the Election Commission within 75 days of completion of the Assembly Election.

Keeping in view the increasing incidents of misuse of social media and menace of paid news and as a result of ECI's vigorous persuasion, major social media platforms agreed to observe Voluntary Code of Ethics formulated by them in March 2019. This will be applicable in the upcoming Karnataka polls.

Officials said that the Commission has requested all political parties and candidates to ensure that their supporters do not indulge in hate speeches and fake news.

Strict watch on social media posts is being kept to ensure that the election atmosphere is not vitiated. Media may also play an active role in curbing the menace of fake news.

Moreover, all the election management related news on all the major national and regional news channels during elections would be monitored vigorously. If any untoward incident or violation of any law/rule is noticed, action would be taken immediately.

Reports of monitoring would also be forwarded to the CEOs. Office of CEO will ascertain status on each and every item and file ATR/Status Report. **IANS**

Pre-poll wrap: What's Karnataka up to?

JD(S) MLA Shivalinge Gowda resigns

JD(S) MLA from Arsikere constituency, K M Shivalinge Gowda on Sunday resigned, ahead of the May 10 Assembly polls in Karnataka, and is likely to join Congress. He met Legislative Assembly Speaker Vishweshwar Hegde Kageri here and submitted his resignation letter.

Gowda, a three time MLA from Arsikere in Hassan district, has been vocal about his differences with the JD(S) leadership, and had maintained distance from the party, in recent days.

He had recently announced that his next move is towards the Congress, and is likely to be fielded by that party as its candidate from Arsikere in the upcoming polls. Gowda is the third JD(S) MLA to quit as legislator in the last few days.

Party's Gubbi MLA S R Srinivas (Gubbi Srinivas alias Vasu) had resigned on March 27, and joined the Congress on Thursday, while MLA from Arkalgud A T Ramaswamy had quit as legislator on Friday to join BJP. **PTI**

Rs 7.95L cash seized from car in Ullal

Ullal police here intercepted a car in which a person from Kerala was carrying Rs 7.95 lakh cash without proper documents, police sources said. The cash was found with Suresh, a resident of neighbouring Kasaragod district. The money was found when the police were checking vehicles at Talapady border point between Kerala and Karnataka on Saturday ahead of the Assembly elections.

The custody of the cash and the car were handed over to the Election Commission officer for investigation.

Preliminary investigation revealed that Suresh, who is a fabricator by profession, was bringing the cash to buy materials from Mangaluru. A case will be registered if the cash is found to have any link with the elections, sources said. In another incident, Bantwal rural police seized a lorry laden with rice without proper documents from Farangipet in the district on Friday night. The lorry was intercepted during routine vehicle checks, police sources said.

The police confiscated 300 bags of rice, each weighing 50 kg, totalling 15,000 kg and worth Rs 6 lakh from the accused. In addition, the lorry worth Rs 7 lakh was also taken into custody, sources said. Dakshina Kannada district police have intensified checks on vehicles coming from other districts and the neighbouring Kerala to prevent the flow of cash and freebies ahead of the Assembly elections in the State on May 10. **PTI**

Cong second list tomorrow?

The Congress Central Election Committee will hold a meeting on Tuesday in the national capital to release the second list of candidates for the Karnataka Assembly polls days after the poll body announced the election schedule for the southern state.

According to reports, the meeting will be held at 10 am at the party headquarters.

The Congress had earlier announced the list of candidates for 124 out of 224 Assembly constituencies.

Eyeing women voters as well as the state's minority vote bank, the Congress has given Assembly poll tickets to six women candidates and eight minority candidates in its first list of candidates.

All acquittals
A Gujarat court acquitted all 27 accused in gangrape and murder in Kalol during 2002 communal riots for want of evidence

BangaloreMirror | 8
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Data heist: Notices to 11 organisations

Breach of data of 66+ cr people; 3 banks, IT services firm, social media giant, among those to be questioned

#Hyderabad

The Cyberabad Police here has issued notices to as many as 11 organisations, including three banks, a social media giant and an Information Technology services company, asking their representatives to appear before it in connection with a breach of data of 66.9 crore persons across the country, a senior police official said on Sunday.

The Cyberabad Police on Saturday said they arrested one person, Vinay Bhardwaj, who was allegedly involved in stealing, holding and selling personal and confidential data of 66.9 crore individuals and organisations belonging to 24 states and eight metropolitan cities, maintained in 104 categories.

The accused person was found in possession of the data of students of edu-tech organisations as well as the GST details of persons and companies, and the consumer/customer data of major organisations such as road transport corporations of various states, major e-commerce portals, social media platforms and fintech companies.

The 11 organisations to whom the notices were issued include two PSU banks and one private bank, a social media giant, an IT services company, an online grocery seller, a digital payments app and an online insurance platform, police said.

Seven people were earlier arrested in a case involving theft and sale of data of government and important organisations

The 11 organisations' representatives have been told to appear before the police during the next one week to furnish details on how the companies maintained their databases, what procedures and policies were followed in this regard and who could access the data. This could help investigators ascertain how the database was leaked and accessed by an "unauthorised" person, among other relevant details, police said.

The arrested accused was operating through a website, 'InspireWebz', at Faridabad, Haryana and selling databases to clients through cloud drive links, police said.

In March, Cyberabad Police arrested seven people of a gang who were allegedly involved in the theft and sale of sensitive data of the government and important organisations, including details of 2.55 lakh defence personnel as well as the personal and confidential data of about 16.8 crore citizens across the country. – PTI

Rahul Gandhi to be in Surat to file appeal against conviction

#New Delhi

Congress leader Rahul Gandhi will be in Gujarat's Surat city on Monday to file an appeal before a sessions court against his conviction in a criminal defamation case, his lawyer said on Sunday.

Gandhi will be present in the sessions court to file the plea challenging a metropolitan court's order which sentenced him to two years in jail, party sources said.

"Rahul Gandhi will reach the sessions court in Surat to file an appeal at around 3 pm," his lawyer Kirit Panwala said.

Senior Congress leaders will also be in Surat when Gandhi arrives on Monday afternoon, party sources said.

The court of Chief Judicial Magistrate HH Varma here had on March 23 convicted Gandhi and sentenced him to two years in jail in a 2019 criminal defamation case filed against him over his "Modi surname" remarks.

It had held 52-year-old Gandhi guilty under Indian Penal Code (IPC) sections 499 and 500.

Congress leader Rahul Gandhi outside his residence in New Delhi on Sunday

The court had also granted him bail and suspended the sentence for 30 days to appeal in a higher court.

Gandhi was present in the court when it had pronounced the verdict in the case. The former Congress chief was on March 24 disqualified from the Lok Sabha following his conviction by the Surat court in the case. – PTI

Autonomous landing mission of ISRO space vehicle is a success

#New Delhi

The Indian Space Research Organisation on Sunday successfully conducted the Reusable Launch Vehicle Autonomous Landing Mission (RLV LEX). The test was conducted at the Aeronautical Test Range (ATR), Chitradurga, Karnataka, the national agency headquartered here said.

"With that, ISRO successfully achieved the autonomous landing of a space vehicle", it said in a statement.

"With LEX, the dream of an Indian Reusable Launch Vehicle arrives one step closer to reality", ISRO said. In a first in the world, a winged body has been carried to an altitude of 4.5 km by a helicopter and released for carrying out an autonomous landing on a runway. RLV is essentially a space plane with a low lift to drag ratio requiring an approach at high glide angles that necessitated a landing at high velocities of 350 kmph. The RLV took off at 7:10 am IST by a Chinook Helicopter of the Indian Air Force (IAF) as an underslung load and flew to a height of 4.5 km (above Mean Sea Level). Release conditions included 10 parameters covering position, velocity, altitude, etc," it said. – PTI

ISRO successfully conducted the RLV LEX at the Aeronautical Test Range (ATR) in Chitradurga

Government extends export curbs on gasoline, diesel

#New Delhi

India has extended restrictions on the export of diesel and gasoline, the government said in a notification, as New Delhi tries to ensure the availability of refined fuels for the domestic market.

The government had imposed the curbs on gasoline and gasoil exports through the end of the financial year on Friday.

The latest notification, issued late on Saturday, did not specify how long the curbs would remain in the place. It asked refiners to commit to selling 50% of their annual volume of gasoline exports and 30% of their diesel exports in the domestic market.

The extension may discourage some Indian refiners, mainly non-state companies, from buying Russian fuel for re-export to other countries, including to European importers that have stopped purchases of refined products from Russia due to its invasion of Ukraine.

New Delhi last year imposed the rare restrictions after non-state refiners Reliance Industries and Nayara Energy, key Indian buyers of discounted Russian supplies, began reaping substantial profits by aggressively boosting fuel exports instead of increasing domestic sales.

That forced state refiners to fill the void and meet demand at home by selling fuel at lower, government-capped prices. – PTI

US-Canada border deaths: Family of 4 was from Gujarat

#Mehsana

A family in Mehsana district in Gujarat believes the Indians who were among the eight who died while trying to cross into the United States of America from Canada recently are their kin.

Jasubhai Chaudhary, a resident of Manekpur village in Vijapur taluka here, on Sunday said his brother, sister-in-law and their two children had left for Canada two months ago on a visitors' visa, adding reports of eight persons, including some Indians, being found in a marsh there had vexed kin here.

Canadian police has said the deceased, who were found on the banks of St Lawrence River near Akwesasne, a community which straddles Quebec, Ontario and New York State, are believed to be two families of Indian and Romanian descent and were crossing into USA.

"Two months ago, my brother, his wife and two children went to Canada on a visitors' visa.

Yesterday morning I learnt about the death of members of a family from India in Canada. I tried to contact my brother but was not able to do so. This caused suspicion that they were our family members," Chaudhary told reporters.

A Mehsana district administration official said Malekpura village residents approached the collector with a request to make arrangements for the bodies of the four to be brought back to their village. "It is confirmed that four members of a family from Manekpur in Vijapur taluk went to Canada on a visitor's visa and tried to cross the river. The villagers approached us seeking help to bring back the bodies, which we have reported to the state government," the official said. – PTI

HEALTH TIP: Being well-hydrated is one of the simplest summer tips that will help lower your core body temperature

Apply a moisturizer that contains aloe vera on sunburned skin; sunburns slow the skin's ability to cool itself off

Keep an eye out

Eating disorders among teens more than doubled during covid pandemic

The covid pandemic has been associated with worsening mental health among teens, including increasing numbers of patients with eating disorders.

In fact, research indicates that the number of teens with eating disorders at least doubled during the pandemic.

This is particularly concerning given that eating disorders are among the most deadly of all mental health diagnoses, and teens with eating disorders are at higher risk for suicide than the general population.

While experts don't know exactly why eating disorders develop, studies show that body dissatisfaction and desire for weight loss are key contributors.

This can make conversations around weight and healthy behaviours particularly tricky with teens and young adults.

As an adolescent medicine doctor specialising in eating disorders, I have seen first-hand the increases in patients with eating disorders as well as the detrimental effects of eating disorder stereotypes. I regularly work with families to help teens develop positive relationships with body image, eating and exercise.

Understanding the signs of a possible eating disorder is important, as studies suggest that timely diagnosis and treatment leads to better long-term outcomes and to better chances of full recovery.

Eating disorders defined

Eating disorders, which often start in adolescence, include anorexia nervosa, bulimia nervosa, binge eating disorder, other specified feeding and eating disorders and avoidant restrictive food intake disorder.

Each eating disorder has specific criteria that must be met in order to receive a diagnosis, which is made by a professional with eating disorder expertise.

Research suggests that up to 10 per cent of people will develop an eating disorder in their lifetime.

Medical complications from eating disorders, such as low heart rate and electrolyte abnormalities, can be dangerous and result in hospitalisation, and malnutrition can affect growth and development.

Many of the patients I see in clinic show signs of paused puberty and stalled growth, which can influence bone health, adult height and other aspects of health if not addressed quickly.

Teens are also at risk for disordered eating behaviours such as intentional vomiting, caloric restriction, binge eating, overexercise, the use of weight loss supplements and misuse of laxatives.

A recent study estimated that 1 in 5 teens may struggle with disordered eating behaviours. While these behaviours alone may not qualify as an eating disorder, they may predict the development of eating disorders later on.

Treatment methods for eating disorders are varied and depend on multiple factors, including a patient's medical stability, family preference and needs, local resources and insurance coverage.

Treatment can include a team consisting of a medical provider, nutritionist and therapist, or might involve the use of a specialised eating disorder program. Referral to one of these treatment methods may come from a paediatrician or a specialised eating disorder provider.

Unpacking misconceptions and stereotypes

Traditional ideas and stereotypes about eating disorders have left many people with the impression that it is mainly thin, affluent females who develop eating disorders.

However, research demonstrates that anyone can develop these conditions, regardless of age, race, body size, gender identity, sexual orientation or socioeconomic status.

Unfortunately, stereotypes and assumptions about eating disorders have contributed to health disparities in screening, diagnosis and treatment.

Studies have documented negative eating disorder treatment experiences among transgender and gender-diverse individuals and those with larger body size.

> **Research shows that poor body image and body dissatisfaction can put teens at risk for disordered eating behaviours and eating disorders**

Some contributors to these negative experiences include lack of diversity and training among treatment providers, treatment plans without cultural or economic nutritional considerations and differential treatment when a patient is not visibly underweight, among others.

Contrary to popular assumptions, studies show teen boys are at risk for eating disorders as well. These often go undetected and can be disguised as a desire to become more muscular. However, eating disorders are just as dangerous for boys as they are for girls.

Parents and loved ones can play a role in helping to dispel these stereotypes by advocating for their child at the paediatrician's office if concern arises and by recognizing red flags for eating disorders and disordered eating behaviours.

Warning signs

Given how common disordered eating and eating disorders are among teens, it is important to understand some possible signs of these worrisome behaviours and what to do about them.

Problematic behaviours can include eating alone or in secret and a hyperfocus on "healthy" foods and distress when those foods aren't readily available. Other warning signs include significantly decreased portion sizes, skipped meals, fights at mealtime, using the bathroom immediately after eating, and weight loss.

Because these behaviours often feel secretive and shameful, it may feel difficult to bring them up with teens.

Taking a warm but direct approach when the teen is calm can be helpful, while letting them know you have noticed the behaviour and are there to support them without judgment or blame. I always make sure to let my patients know that my job is to be on their team, rather than to just tell them what to do.

Teens may not immediately open up about their own concerns, but if behaviours like this are present, don't hesitate to have them seen at their paediatrician's office. Following up with patients who have shown signs of having an eating disorder and promptly referring them to a specialist who can further evaluate the patient are crucial for getting teens the help they may need.

Resources for families can be helpful to navigate the fear and uncertainty that can come along with the diagnosis of an eating disorder.

Focus on health, not size

Research shows that poor body image and body dissatisfaction can put teens at risk for disordered eating behaviours and eating disorders.

Parents play an important role in the development of teens' self-esteem, and research demonstrates that negative comments from parents about weight, body size, and eating are associated with eating disorder-type thoughts in teens.

Therefore, when talking to teens, it can be beneficial to take a weight-neutral approach, which focuses more on overall health rather than weight or size.

One helpful way is to incorporate variety into a teen's diet. Trying new foods can encourage your teen to try something they haven't before.

- By Sydney Hartman-Munick (The Conversation)

All problems solved

Dear Coleen

I'm a woman aged 29 and have been with my boyfriend for a year. He's great, we're so in love and have lots of exciting plans for our future.
His older sister has recently moved back home and I hadn't met her until recently.
She's outgoing and has this big, adventurous personality. However, when I met her a couple of weeks ago, she was pretty horrible to me!
I wasn't expecting her to be like that at all, especially given what her family had said about her. She was cold when we were introduced and said: "Oh, so you're the girlfriend". I laughed, but her tone and the way she looked at me was icy.
I get on really well with the rest of his family - his parents and two younger brothers.
My boyfriend loves her, obviously, and I don't know how he'll react if I bring it up.

COLEEN SAYS

Perhaps she's used to being the centre of attention, and you've come along to throw a spanner into the works. So, there might be a bit of jealousy there.

I would advise you to just do your best; always be friendly and polite, and don't give her any reason to have a problem with you. People will see you're being nice, while she's being unfriendly and might call her out on it.

Also, you might find that as you get to know each other better, you'll find things in common and she'll get used to it.

When families evolve and new people come in, it can take a while for people to adjust and for relationships to adjust, too.

If you are going to bring it up with your boyfriend, don't do it in an angry way. Say casually: "I'm not sure your sister likes me and I don't know what to do about it. It'd be good if we could be mates."

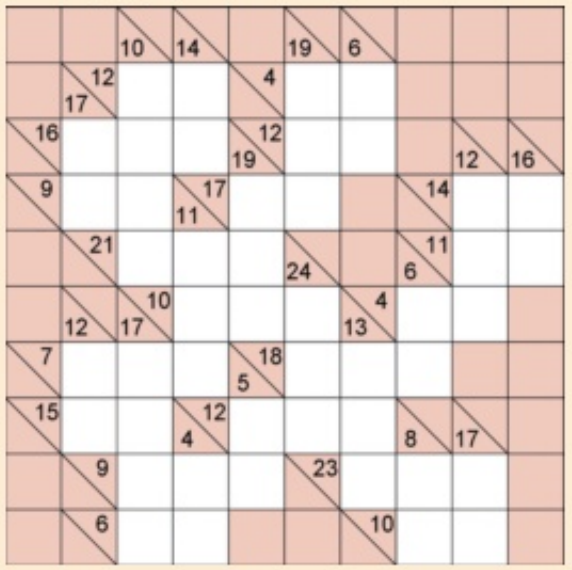
—Coleen Nolan, Daily Mirror

Kakuro

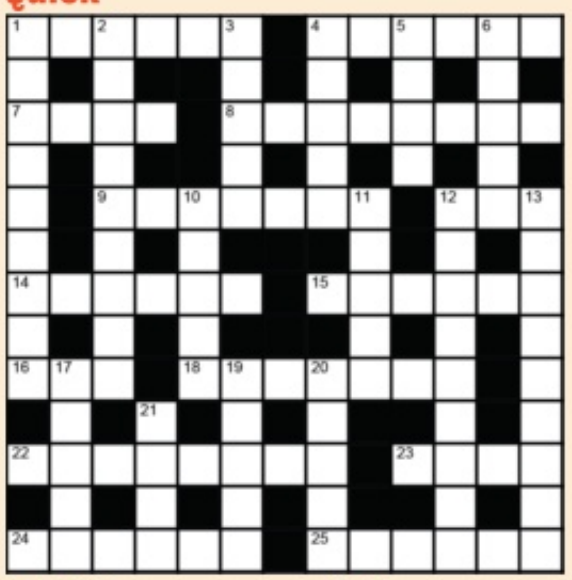
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Narrow bands (6)
4 Google browser (6)
7 Opposite of first (4)
8 Hissy fits (8)
9 Find trivial faults (7)
12 Battery size (3)
14 Novelist (6)
15 Mountain in eastern Turkey (6)
16 Intel competitor (3)
18 Tries hard; struggles or contends (7)
22 National park between Mysore and Ooty (8)
23 Flying creature (4)
24 Teetered or influenced (6)
25 Condescends (6)

DOWN

1 Character actress of many a Hindi movie (9)
2 Reverberated (9)
3 Exercise move (3,2)
4 Funnel-shaped (5)
5 Not often seen (4)
6 Deadly African snake (5)
10 Implements (5)
11 Russian ballet company (5)
12 Stopping further growth of (9)
13 Heights above sea level (9)
17 A catty comment? (5)
19 Slightly warm (5)
20 Owing money? (2,3)
21 Ill at ease (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: E EQUALS D

AOCI SNLVDIGM UIFIDDOVS RN DNAIJNES. EN UNR AOCI GHMI TOVE RN OUS.

Linemaro

Let's commit the perfect crime: I' ll steal your heart and you 'll steal mine

Mindchow

When there is no enemy within, the enemies outside cannot hurt you

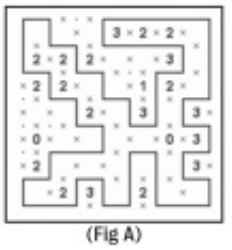
Joke of the day

"Damn, I've got a doctor's appointment tomorrow"
"Just cancel it. Tell them you 're sick"

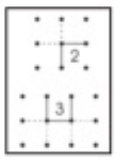
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

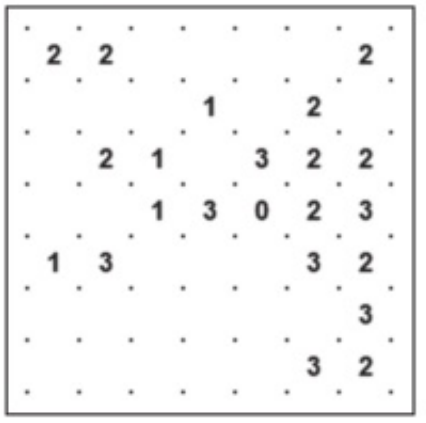


(Fig B) Not Allowed

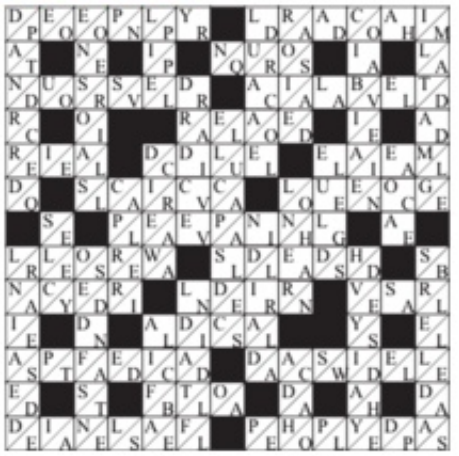
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



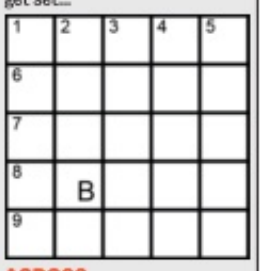
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

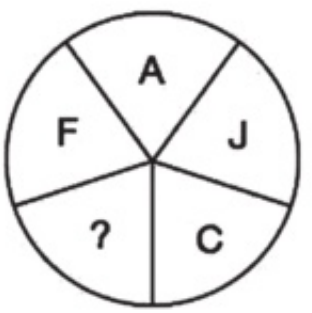
1 Fr Sam; 6 Leal I;
7 Relit; 8 A be as;
9 Girth

DOWN

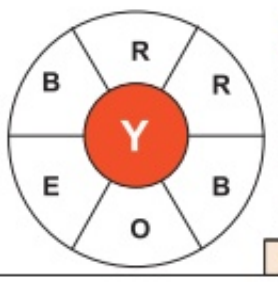
1 Flair; 2 Bail I;
3 Grate; 4 Harms;
5 Leets

Mensapuzzle

What letter should replace the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

SudokuChallenge

	2		8		4		1	
		4				2		
7	5						4	6
3			5		6			8
	9			8			6	
5			9		3			4
2	6						8	5
		5				9		
	4		2		5		7	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 5
2 8 8 9

Medium = 6
2 2 2 8

Hard = 16
1 2 6 2

Hocusfocus

Find at least six differences in details between panels.

Differences: 1. Scooter is longer. 2. Pillow is different. 3. Helmet strap is different. 4. Tree branch is different. 5. Hair is different. 6. Arm is moved.

Riddler

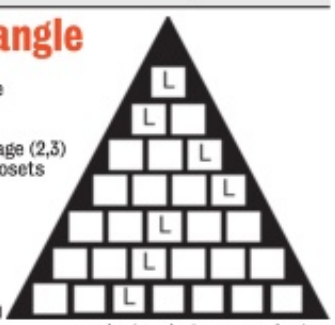
Hidden in each sentence is a word. For example, in the sentence: When I grow up, I want to be a ranger. (Hidden animal) The hidden word is BEAR from "to BE A Ranger". Now, try to identify the hidden colors in the sentences below:

(1) I agree not to eat all the food.
(2) Bob decided to jump in, knowing that this is his only choice.
(3) The sunset makes Cairo seem magnificent.
(4) Some states ship lumber and coal on canal barges.

Alpha triangle

1 XXV + XXV
2 51 in ancient Rome
3 Feel poorly
4 Sob
5 Relative by marriage (2,3)
6 Like some large closets (4-2)
7 Travelling by foot

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.



DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

MOM, PLEASE! IF I'M OUT SICK, I'M GONNA MISS THE PLAY!
YOU CAN BARELY STAND. HOW DO YOU EXPECT TO SING AND DANCE?
WITH DETERMINED GUSTO!!

Crankshaft

AS SOON AS I'VE SOLD THE BOOK, I'LL DROP BY WITH A CHECK FOR YOU.
THANK YOU... IT'S VERY NICE DOING BUSINESS WITH YOU!
AND YOU AS WELL!
KOMIX KORNER
I DON'T MEAN TO BE A LANGUAGE SCOLD OR ANYTHING... BUT DID YOU KNOW THAT YOU MISSPELLED BOTH 'COMICS' AND 'CORNER'?
KOMIX KORNER

Mutts

So— NOW YOU WANT TO BE CALLED "THE DUDE."
YESH.
OR "HIS DUDENESS" ..."DUDER"... ..."EL DUDERINO"
HOW ABOUT "THE DUDESTER"?
YOU'RE OUT OF YOUR ELEMENT.

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel dull and experience health issues. Overworking your mind can make you tired and affect domestic harmony. You may arrive late to social or family get-togethers. Losses in business are possible, so it is advised not to invest in new ventures. Love birds should avoid getting involved in controversies.

Taurus Apr 21 – May 20
Today, you are blessed by the moon. You may make new business plans, and your colleagues may help you implement them. You may recover stuck money from clients, which will boost liquidity in your business. After late evening, you may feel depressed, which may affect your sound sleep.

Gemini May 21 – Jun 21
Today, you have control over your opponents and hidden enemies. A legal decision may come in your favour. Your seniors may be happy because of your hard work, and you may get new responsibilities in terms of promotion. Singles may find their soulmate.

Cancer Jun 22 – July 23
Today, you may be happy and plan to buy some creative stuff to improve your lifestyle. You may also spend on your friends and family members. You may plan to invest in assets. Singles may find a good match, and love birds may enjoy important moments.

Leo Jul 24 – Aug 23
Today, you may be seeking peace of mind. Moon's blessings may help you focus. It is advised to avoid investments in property and other assets. You may have some happy moments in your domestic life, but avoid arrogance and ego with your spouse. A dispute with a business partner is likely to be resolved.

Virgo Aug 24 – Sep 23
Today, you may be polite with the people around you, and many problems may likely be resolved with your way of speaking. There may be some control between savings and expenditure, which may boost your savings. You may spend on buying creative stuff to renovate your house.

Libra Sep 24 – Oct 22
Today, you are advised to control your way of speaking in the family. Loose talking may affect family harmony. It is advised not to spend your hard-earned money on buying worthless stuff to maintain your social status. You may face health problems related to ears, teeth, and throat.

Scorpio Oct 23 – Nov 22
Today is a good day for you. You have good vitality and health, may enjoy your work, and domestic life may also be good. Healthy partnerships will give you benefits in terms of business. Job seekers will find a suitable job. Love birds should avoid discussing self-respect issues.

Sagittarius Nov 23 – Dec 22
Today, you must control your way of speaking and be careful of hidden enemies and opponents. You may be a victim of conspiracy, so it is advised to avoid risky investments and lending money. Doing meditation and yoga can help you come out of stress.

Capricorn Dec 23 – Jan 20
Today, you may be a victim of negative thoughts. Impatient nature and arrogance will push you back from making tough decisions. You will need the blessings of your elders, which will help you grow in your work. Avoid making investments in dead assets. Love birds should avoid discussing bad moments.

Aquarius Jan 21 – Feb 19
Today, you are in a winning position over your opponents and hidden enemies. Your money that was stuck may be recovered today. You may perform your best at work. It is an important day for love birds and singles to make important decisions regarding marriage.

Pisces Feb 20 – Mar 20
Today is a good day for you. The crunch from last week is over, and you may initiate postponed projects. You may get rewarded for your hard work, which may boost your confidence. There are some gains in your business, which may boost your finances. Natives related to exports and imports, fashion, and dairy products may do better.

KIDZONE

K Shreyas, Bangalore

Vaishnavi C, 7 Years, Sacred Heart Girls High School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
2+3 =1 1

RIDDLER
Green; aGREE Not to eat all the food.
Pink: Bob decided to jump IN, knowing that this is his only choice.
Rose: the sunset makes calM0 SEem magnificent.
Plum: Some states sIMP LUMber and coal on canal barges.

BULL'S EYE
berry, byrne, obey, ROBBERY, yore

FAST FIVE

F	A	R	M	S
I	L	E	A	L
L	I	T	R	E
A	B	A	S	E
R	I	G	H	T

STRIKE OUT

D	E	E	F	P	L	Y		D	R	A	C	H	M	
A	N		I		Q	U	O		A		A		A	
N	U	R	S	E	D		C	A	L	V		E	D	
A		E		D	I	L	L		L	I	A	M		
E	E	L		D	I	L	L		L	I	A	M		
D		O		R	E	A	D		E		A			
	L	A	R	V	A		O	L	U	N	C	E		
S	P	E	E	P	I	N	G		E					
R	E	S	E	M		S	L	A	S	H	I	N	G	
A	C	E	R		N	E	I	N		E	A	R		
S	T	A	D	I	A		D	A	M	D	L	E		
T		D		L	I	S	A		Y		E			
A	M	D		S	T	R	I	V	E	S		T		
N		E		L		O		E		I				
A	U	T	H	O	R		A	R	A	R	A	T		
H		O		I		R		L						
C		N	I	T	P	I	C	K		A	A	A		
O		O		U		I		E		B				
L	A	S	T		T	A	N	T	R	U	M	S		
U		E		I		O		A		A				
S	T	R	I	P	S		C	H	R	O	M	E		

QUICK

S	W	A	Y	E	D		D	E	I	G	N	S		
B	A	N	D	I	P	U	R		B	I	R	D		
			E				N					U		
A	M	D		S	T	R	I	V	E	S		T		
N		E		L		O		E		I				
A	U	T	H	O	R		A	R	A	R	A	T		
H		O		I		R		L						
C		N	I	T	P	I	C	K		A	A	A		
O		O		U		I		E		B				
L	A	S	T		T	A	N	T	R	U	M	S		
U		E		I		O		A		A				
S	T	R	I	P	S		C	H	R	O	M	E		

MENSA PUZZLE
0. Start at A and jump to alternate segments working clockwise in the sequence: ABCdeFgHiJklmnO

QUOTE UNCODE
Make yourself necessary to somebody. Do not make life hard to any.

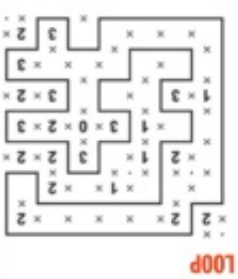
SUDOKU

6	2	9	8	5	4	3	1	7
8	3	4	6	1	7	2	5	9
7	5	1	3	2	9	8	4	6
3	1	2	5	4	6	7	9	8
4	9	7	1	8	2	5	6	3
5	8	6	9	7	3	1	2	4
2	6	3	7	9	1	4	8	5
1	7	5	4	6	8	9	3	2
9	4	8	2	3	5	6	7	1

ALPHA TRIANGLE
L, LI , All, Wall, In law, Walk-in , Walking .

GO FIGURE
Easy
8 + 8 - 9 - 2 = 5
Medium
8 x 2 / 2 - 2 = 6
Hard
2 + 6 x 2 / 1 = 16

LOOP



KAKURO

Volume No 15, Issue No 200 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Insta debut
After staying away from social media for a very long time, actor Thalapthy Vijay finally made his Instagram debut, on Sunday

What's the rush?

Sara says she is in no hurry to get hitched

In her recent conversation with Shehnaaz Gill, Sara Ali Khan recently opened up about her marriage plans. The actress also revealed that she is in no hurry to get hitched.

Sara, who is currently promoting her latest film, 'Gaslight', was asked about her marriage plans by Shehnaaz Gill in an interview. While the actress was left dumbfounded by the questions, she replied by saying that she was trying to find an 'andha pagal' to marry.

Elaborating on the same, Sara added that if the person gets to know who she is in real life, there are chances he might run away. Shehnaaz also agreed that it's not easy for men to handle women like them. Sara then gets emotional, making the host wonder if she was crying. Later in the conversation, Sara also went on to add that she does want to get married but is not in a hurry.

In the same interview, Sara also opened up about her 'royal upbringing'. When asked if Nawab palaces have dozens of helpers around and even a pool with flowers, Sara laughed and replied that she hasn't seen anything like this in her life. The actress also went on to joke that she was made a 'fool' by not being treated to these luxuries even though she comes from a royal family.

–ETimes

Beautiful tip to her younger self

From Barfi! to Pagalpanti, Ileana D'Cruz has come a long way in her over 12-year long career in showbiz. Through the journey the actress has radiated happiness, went through heartbreaks and also faced body-shaming, but she continued to sailed though.

With all the experiences she's had in her life, we ask Ileana if she has any advice for the 24-year-old self and she said, "I would say everything is going to be okay. Just give yourself little more love. Hug yourself, a little more, and just be comfortable in your skin, because you are actually beautiful!"

She adds, "I would also advice that don't lean towards someone else to tell you that you are beautiful. You are beautiful just the way you are. I just wish that I knew this then, but it's okay. Better late than never, I suppose. Yes, that's the one thing I would say to my younger self... that it is fine, it is absolutely fine."

— Onkar Kulkarni, ETimes

Touch of craft

Social media critics may have carped over Varun Dhawan's antics with Gigi Hadid at the Nita Mukesh Ambani Cultural Centre (NMACC) Day 2 after party -- the actor claims it was all planned -- but they loved Ranveer Singh and Priyanka Chopra reprising 'Gallan Goodiyan' from Zoya Akhtar's 2015 film 'Dil Dhadakne Do'. Priyanka, who's awaiting the release of the sci-fi action series 'Citadel' later this month, looked clearly out of touch with Bollywood moves -- she was in 'Dil Dhadakne Do' when Ranveer and she were much younger. Nonetheless, she sportingly tried to keep pace with Ranveer Singh, who was his usual sprightly self.

At the end of the performance, Ranveer planted a kiss on his old co-star, who's now an international celebrity.

The stars and their gigs may have grabbed the media's attention, but the big event coinciding with the NMACC opening that has got the international fashion world talking is the exhibition showcasing the global influence of Indian art and fine fabrics since the 1600s.

In the words of the show's curator, 'Vogue' magazine's global editor at large, Hamish Bowles, "The treasury of India's sartorial and textile traditions have provided inspiration that led to imitation at the court of Louis XVI and the couturiers of Jazz Age Paris, the sportswear designers of midcentury America, and the hippies of the Summer of Love."

–IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Back to school

Yet another film on the importance of government schools will soon hit the screen. Shooting for the film Praveena was held before the pandemic and it is now scheduled for release on April 7. The movie is about a task given to a village president by a school kid and how it results in cleaning the village up. Mandya Ramesh, a veteran theater and movie actor, plays village president Naganna in the movie while Shashi Gowda plays Praveena, a mischievous kid.

"I agreed to act in this movie because of the dedication of the director and producer. They paid my remuneration without fail. Though this movie may not have the impact on government schools or society on par with movies such as School Master and Sarkari Hiriya Prathamika Shale, it will prompt other filmmakers to make movies on such topics," says Mandya Ramesh.

Ramesh praised Shashi saying, "I am sure Shashi Gowda would have a bright future in Kannada movies. Producer Jagadeesh Rajasekhar is basically an actor, who has not bankrolled this movie," Ramesh said. The cast includes Aishwarya Gowda, Master PV Rohith, Sneha C Shekar. Mahesh Sindhuvalli is the director.

Obsessive love

Kannada movie Baa Nalle Maduvege is expected to hit the silver screen shortly. The teaser of this movie was released at Renukamba Preview Theater on Saturday. The film is about youth ruining their lives due to obsessive love. It also portrays problems couples face after inter-caste marriage.

"The film's shooting and post-production work is over. I have spent more than Rs 60 lakh till date and the budget keeps rising due to promotional programmes," said Yogesh Nandan M, who not only wrote the script and handled the megaphone for this movie, but also bankrolled it. He said that Baa Nalle Maduvege is his maiden movie as a director and producer. "I got training in direction under director Guru Deshpande," he said.

Arjun, who plays the lead role in the movie, said that he has been associated with the Kannada film industry for the last eight years. "I have played the lead characters' friend and I also had an important role in the film Shukra directed by Ramamurthy. Another important character is in the movie Prema Yuga," said Arjun. Shobha is paired opposite Arjun. "I am from Uttara Karnataka. I have been acting in movies for two years. I have acted in the movie South Indian Hero," said Shobha.